

# Your Pregnancy and WIC

**You're expecting a new baby.** There is so much to think about and do to get ready! If you're like most moms-to-be, having a healthy baby is always on your mind. Your doctor should be number one on your list for health advice. The answers you need could be different from what worked for your sister or best friend. So always go to the source.

**Get news you can use.** WIC can support your pregnancy in so many ways. When you pick up your WIC checks, you may go to group sessions or work with WIC staff one-on-one. At these visits, you get health tips, share ideas, ask questions, and get information to help your pregnancy go smoothly.

## What kind of information will I get?

- Getting the most from your WIC checks
- Learning to breastfeed your baby
- Focusing on how to make smart food decisions
- Keeping your baby safe
- Connecting with health care providers, dentists, and other services to keep you and your baby healthy

There's a lot to learn before your baby is born, even if this is not your first baby. Your friends and family will tell you that each pregnancy is different, just like each baby.

Many women tell WIC that writing down their questions before each doctor's visit helped them to **remember important things.**

